



Grandma McAndrews' Irish Soda Bread



Vegetarian



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



407 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.3 cups buttermilk
- ☐ 0.3 cup corn oil
- ☐ 2 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 cup raisins
- ☐ 1 teaspoon salt

☐ 0.3 cup sugar white

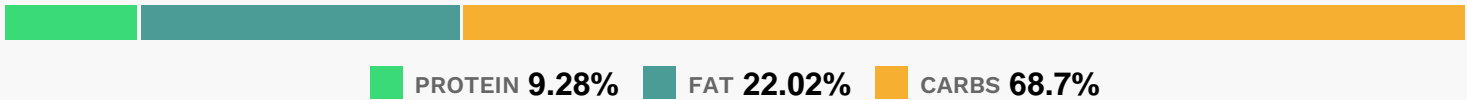
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet, or line with parchment paper.
- ☐ In a large bowl, stir together the flour, sugar, baking soda, baking powder, and salt. In another bowl, whisk together eggs, buttermilk, and corn oil. Make a well in the center of the flour mixture, and pour in the buttermilk mixture.
- ☐ Add the raisins, and stir a few times, just until the ingredients come together into a soft dough. Turn the dough out onto a floured surface, and with floured hands shape dough into a ball.
- ☐ Place the dough on the prepared baking sheet, and cut a large cross in the top with a sharp knife.
- ☐ Place the bread on a middle rack of the preheated oven, and bake until golden brown, 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:40.86, Glycemic Load:47.33, Inflammation Score:-5, Nutrition Score:12.875652178474%

Nutrients (% of daily need)

Calories: 406.6kcal (20.33%), Fat: 10.02g (15.41%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 70.33g (23.44%), Net Carbohydrates: 67.41g (24.51%), Sugar: 8.28g (9.2%), Cholesterol: 45.04mg (15.02%), Sodium: 594.87mg (25.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19.01%), Selenium: 26.1µg (37.29%), Vitamin B1: 0.53mg (35.53%), Folate: 121.96µg (30.49%), Vitamin B2: 0.46mg (26.92%), Manganese: 0.48mg (24.02%), Iron: 3.69mg (20.49%), Vitamin B3: 3.93mg (19.67%), Phosphorus: 156.66mg (15.67%), Calcium: 122.74mg (12.27%), Fiber: 2.92g (11.69%), Copper: 0.16mg (8.14%), Vitamin E: 1.22mg (8.12%), Potassium: 282.6mg (8.07%), Magnesium: 24.53mg (6.13%), Vitamin B5: 0.59mg (5.93%), Zinc: 0.76mg (5.04%), Vitamin D: 0.71µg (4.72%), Vitamin B6: 0.09mg (4.69%), Vitamin B12: 0.27µg (4.51%), Vitamin K: 3.29µg (3.13%), Vitamin A: 121.28IU (2.43%), Vitamin C: 0.98mg (1.19%)